

Read the text and do the tasks below.

Facts about Honesty

Almost everyone has been hurt at some point because of a secret, a distorted truth, a lie, and/or the discovery of something that should have been talked about openly. Dishonesty hurts because it undermines the relationship, breaks trust and is the opposite of frankness. That means that instead of feeling secure in the fact that you know the other person and are known by them in turn, you now have doubts about them and no longer feel totally safe in any relationship – in the family, in friendship, at school, at work.

Being honest isn't always easy, otherwise we'd all do it all the time, but there are five main reasons why honesty is important:

1) Without honesty there is no foundation for a lasting or enjoyable relationship in any context, whether that be with a family member, friend, colleague or romantic interest. Honesty is a voice for love that builds trust. Without it, even 'I love you' becomes a lie in itself and there's no real security in the relationship.

2) People can't read your mind. Being honest doesn't just mean telling the truth about factual information, but also about the way you're feeling. If you were hurt by something someone did, they may not even realise unless you are honest with them about how it affected you. If instead you hide the way you feel, then you disempower the other person from doing something about the problem and refuse the relationship the opportunity to grow. They may also feel hurt if they realise you were upset with them but said nothing, or if they know you're not being honest with them about the way you feel. All of this festers and damages the relationship; while on the other hand, being honest about your feelings can bring healing, solve a problem, renew hope and foster good communication.

3) When people don't know the truth, they will try and guess it. That is, not being honest about something causes people to try and figure out what you're not saying, or what the truth actually is. This breeds gossip, which can then foster more lies and deception that other people may mistake as truth. Finally, this causes many more people to feel hurt and

betrayed when the truth is finally revealed, all of which could be avoided if honesty was applied in the first instance.

4) People are usually more hurt by the concealment of the truth than by the truth itself. Some people lie because they're afraid the truth will get them in trouble or cause another pain, but more often than not, while the truth may be painful, it is still usually less painful when delivered honestly than when it is wrapped in deception. Holding back on it or lying to cover it only causes people to feel betrayed as well as hurt, and to then question why you weren't just honest with them in the first place.

5) Being honest improves the relationship and saves us from having to live a lie. Lies rarely come on their own: one will usually be needed to cover another until it spirals out of control. This becomes complicated for the one who started it and confusing for the one receiving it. More than that, living a lie is hard work. It means not being yourself or enjoying relationships, and that is not comfortable for anyone. On the other hand, while being honest about difficult situations may be uncomfortable at first, if it can be worked through, the relationship is strengthened, trust is built and love is deepened.

The best relationships are the ones with honesty. It may mean difficult talks and awkward confrontations, but being honest also means better relationships with others and with yourself.

1. Choose the option a, b or c.

- 1) This article tells about...
 - a) reasons why people don't say truth in some situations;
 - b) reasons why people tell lies;
 - c) reasons why honesty is important.

- 2) Honesty is important...
 - a) in the family, but not mandatory with colleagues, friends, teachers, etc.
 - b) in any relationships with others;
 - c) in the family, with friends and people you love.

- 3) Telling others about the way you're feeling...
 - a) is not necessary, it only concerns you;
 - b) isn't obligatory, people should understand everything by themselves;

- c) is important for other people to know if they were right towards you.
- 4) Telling others about the way you're feeling...
 - a) festers and damages the relationship;
 - b) refuses the relationship the opportunity to grow;
 - c) helps to solve problems and maintains positive interaction.
- 5) Gossips appear when...
 - a) people don't want to know the truth;
 - b) people simply don't know the truth;
 - c) people just like to make up their own "truth".
- 6) The concealment of the truth is...
 - a) an easy way to avoid problems ;
 - b) doesn't make any harm to anybody;
 - c) the reason of destruction of any relationships.
- 7) Being honest...
 - a) makes the relationships stronger;
 - b) makes the relationships complicated;
 - c) is a hard work.
- 8) When you don't afraid to tell the truth...
 - a) communication may spiral out of control;
 - b) it may be confusing for the one receiving it;
 - c) it fastens relationships and self-esteem.

Read and decide whether it true or false. Mark the blanks with T or F

- 1) Trust is not always built on honesty.
- 2) You disempower the other person from solving the problem when telling about the way you're feeling.

- 3) People may feel hurt when you don't tell about the way you're feeling.
- 4) Telling about your feelings festers and damages the relationship.
- 5) Not being honest about something causes people's gossiping.
- 6) The truth may be painful and causes deception.
- 7) The lie can help to avoid problems.
- 8) Lying to cover the concealment of the truth is more painful than the truth itself.
- 9) One lie fosters the other one, and then another, and then it spirals out of control.
- 10) Honesty builds better relationships with others and with yourself